

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. Product ~~(1)~~ to measure the effectiveness and efficiency of warming-up and winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor ~~(3)~~ to detect the body temperature of said individual and means of monitoring, by comparing said temperature readings, variations in the body temperature of said individual as a result of said exercises.
2. Product ~~(1)~~ according to claim 1, wherein said monitoring means include electronic processing means to process said temperature readings.
3. Product ~~(1)~~ according to claim 1, wherein said temperature sensor ~~(3)~~ includes a thermocouple.
4. Product ~~(1)~~ according to claim 1, wherein said temperature sensor ~~(3)~~ is of the no-contact type.
5. Product ~~(1)~~ according to claim 4, wherein said temperature sensor ~~(3)~~ is an infrared sensor.
6. Product ~~(1)~~ according to claim 1, further comprising protection means to prevent contamination of said temperature sensor ~~(3)~~ by external agents.
7. Product ~~(1)~~ according to claim 1, further comprising an output interface ~~(4)~~ to display said temperature readings.
8. Product ~~(1)~~ according to any of the previous claims, further comprising means to indicate when the individual has reached the pre-established training conditions.
9. Product ~~(1)~~ according to claim 1, wherein said temperature is measured

continuously.

10. Product ~~(1)~~ according to claim 1, wherein said temperature is measured at intervals.

11. Product ~~(1)~~ according to claim 1, further comprising control means to control the beginning and the end of a cycle of said measurements.

12. Product ~~(1)~~ according to claim 1, wherein said sensor ~~(3)~~ is able to read said temperature measurements by placing a body part of said individual near or on said sensor.

13. Product ~~(1)~~ according to claim 12, wherein said sensor ~~(3)~~ is able to read said temperature measurements by placing a finger of said individual near or on said sensor.

14. Product ~~(1)~~ according to claim 1, wherein said measurement readings include an initial temperature measured at the beginning of said physical activities or at the start of a measurement cycle and where said monitoring is such as to monitor a difference in temperature of said readings compared to the initial reading.

15. Product ~~(1)~~ according to claim 1, wherein said product ~~(1)~~ is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value approximately within the range of 1.3°C – 2.3°C.

16. Product ~~(1)~~ according to claim 15, wherein said range is approximately within 1.5°C and 2.0°C.

17. Product ~~(1)~~ according to claim 1, wherein said product is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value approximately

equal to 1.7°C.

18. Product ~~(1)~~ according to claim 1 ~~any of the previous claims~~, wherein said product is in the form of a control console for training equipment.

19. Product ~~(1)~~ according to claim 1 ~~any of the claims 1-18~~, wherein said product is in the form of a bracelet or personal accessory.

20. Product ~~(1)~~ according to claim 1 ~~any of the previous claims~~, further comprising independent power supply means.

21. Training equipment ~~(2)~~ characterized in that it comprises a product ~~(1)~~ according to claim 1 ~~any of the previous claims~~.

22. Training equipment ~~(2)~~ according to claim 21, wherein said equipment comprises at least one handle, or handgrip, provided with a projection and wherein said sensor is placed near said projection.